

Claims

- [c1] 1. A lollipop comprising Guarana PE 22%; CitriMax® and L-Tyrosine.
- [c2] 2. The lollipop of claim 1 further comprising Vitamin B6.
- [c3] 3. The lollipop of claim 2 further comprising Vitamin B12 Cyanacobalamin.
- [c4] 4. The lollipop of claim 3 further comprising Maltodextrin.
- [c5] 5. The lollipop of claim 4 further comprising corn syrup.
- [c6] 6. The lollipop of claim 5 wherein the components are present in the following amounts:

CONSTITUENT	RANGES
Guarana PE 22 %	220 - 660 mg
CitriMax®	100 - 400 mg
L-Tyrosine	100 - 400 mg
Vitamin B6	300 mcg - 2 mg
Vitamin B12 Cyanacobalamin	0.540 mcg - 6.000
Corn syrup	3 grams - 15 grams
Maltodextrin	120 - 200 mg

- [c7] 7. The lollipop of claim 6 wherein the components are

present in the following amounts:

CONSTITUENT	AMOUNT
Guarana PE 22 %	440 mg
CitriMax®	200 mg
L-Tyrosine	200 mg
Vitamin B6	400 mcg
Vitamin B12 Cyanacobalamin	0.600 mcg
Corn syrup	7 grams
Maltodextrin	160 mg

- [c8] 8. A diet method comprising eating the lollipop of claim 1.
- [c9] 9. The diet method of claim 8 wherein the lollipop is eaten with a glass of water 30 minutes before eating breakfast, lunch, and dinner.
- [c10] 10. The diet method of claim 9 wherein the breakfast includes fresh fruit.
- [c11] 11. The diet method of claim 10 wherein the lunch includes protein, vegetables, and complex carbohydrates.
- [c12] 12. The diet method of claim 11 wherein the dinner includes protein and vegetables.
- [c13] 13. The diet method of claim 12 further including avoiding carbohydrate consumption after dinner.

[c14] 14. The diet method of claim 13 further comprising a prohibition against eating within three hours before bedtime.